

Supporting Your Income:

Food Access

1 in 6 households in Peterborough experience food insecurity¹.

Getting groceries at affordable prices can be hard. Nobody should have to go hungry because they can't afford quality food.

There are groups and services in Peterborough that help provide and/or transport food for people in the community:

Free Meals and Community Dinners:

For a printable calendar of free meals available, visit the City of Peterborough website:

peterborough.ca/en/city-services/food-support.aspx

Location	Address
Salvation Army (Breakfast)	219 Simcoe Street
Seeds of Change (Lunch)	534 George Street North
One Roof Community Centre (Lunch and Dinner)	99 Brock Street
St Luke's Anglican Church (Dinner)	566 Armour Road
Food Not Bombs	Confederation Park Across from City Hall

¹Peterborough Public Health, *Low Income and its Impact on Health in Peterborough County and City*, 2017. <https://www.peterboroughpublichealth.ca/wp-content/uploads/2018/05/2017-PPH-Low-Income-Status-Report-web-version.pdf>

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Location	Contact Info
Babies First Food vouchers and food cupboards for pregnant women	705-748-9144 201 Antrim Street
Meals on Wheels Meal delivery service for seniors	705-742-7067 commcareptbo.org/service/meals-on-wheels
Nourish Peterborough's Just Food Box Small/large boxes of fresh food sold at reduced rates (between \$7 - \$22)	705-743-3526 216 Simcoe Street nourishproject.ca/
Peterborough Gleans: Organizes trips to pick fruits and vegetables donated by local farmers	705-749-9977 gleaning@nourishproject.ca

Cost Saving Tips:

- **Price Matching:**

Some stores allow price matching, so keep an eye on the flyers for different stores! If you have access to email, you can usually sign up on store websites and have the e-flyer sent right to you!

- **Price Matching Apps:**

If you have a smart phone, apps like Flipp will help you compare prices and sort coupons at the click of a button!

Supporting Your Income:

Food Banks

Location	Address
Good Neighbours Care Centre	164 Sherbrooke Street Req. ID and proof of income
Salvation Army	256 Simcoe Street
St Vincent DePaul	256 Murray Street
St. Vincent DePaul– Sacred Heart	208 Romaine Street
St. Luke’s Anglican Church	566 Armour Road
YES Shelter Food Bank	196 Brock Street 705-748-3851 Ages 16 to 24
Fleming SAC Emergency Student Food Bank	info@flemingsac.ca flemingsac.ca/sac-services/emergency-student-food-bank/